

ABSTRACT OF THE DISCLOSURE

An information recording medium of the present invention includes a first substrate, a second substrate disposed so as to be opposed to the first substrate, a first information layer disposed between the first substrate and the second substrate, a second information layer disposed between the first information layer and the second substrate, and an intermediate layer disposed between the first information layer and the second information layer. The first information layer includes a first recording layer that is transformed in phase reversibly between a crystal phase and an amorphous phase with a laser beam, and the second information layer includes a second recording layer that is transformed in phase reversibly between a crystal phase and an amorphous phase. The first recording layer contains, Ge, Sn, Sb, and Te, and has a thickness of 9 nm or less.